

Disaster Preparedness Quick Reference

Portable

Smile ready, always prepared for disaster!

Toyota City

Created in March 2024

The Nankai Trough earthquake could occur at any time

Where will the Nankai Trough earthquake occur?

A massive earthquake is expected to cause extensive damage along the Nankai Trough, which stretches from Suruga Bay in Shizuoka Prefecture to off the coast of Hyuga-nada in Miyazaki Prefecture.

Nankai Trough earthquakes occur in cycles of about 100 to 150 years, and with the Showa Tonankai and Showa Nankai earthquakes about 80 years ago, it is said that the next major quake could happen at any time.

Earthquakes can repeat with a delay!

In the past, there have been cases where a huge earthquake occurred on the east side of the Nankai Trough, followed by another one on the west side about 32 hours or 2 years later.

Nankai Trough Earthquake Special Notification

Since earthquakes may occur on the east and west sides of the Nankai Trough at different times, the JMA will issue this notification when the possibility of a Nankai Trough earthquake increases.

Four key words are used based on the severity of the event: "under investigation," "major earthquake warning," "major earthquake caution," and "investigation complete."



Keyword	How to Respond to a Special Notification
Under investigation	Please prepare and initiate evacuation and other disaster prevention measures according to your individual situation, and pay attention to future information.
Major earthquake warning	In addition to confirming your daily earthquake preparedness, you need to be ready to evacuate immediately after an earthquake occurs. After the earthquake, residents who may not be able to evacuate from a tsunami in time must evacuate in advance* for one week.
Major earthquake caution	In addition to confirming your daily earthquake preparedness, you should be ready to evacuate immediately after an earthquake occurs.
Investigation complete	Conduct your normal life while paying attention for the occurrence of earthquakes. It should be noted, however, that the possibility of a huge earthquake has not disappeared.

*Toyota City does not have a coastal area and is not affected by tsunamis, so there are no areas subject to advance evacuation.

(Reference) Nankai Trough Earthquake - Preparing for That Time -" leaflet (Cabinet Office)

Warning Signs of a Landslide Disaster

- Cracks in the ground
- The sound of splitting wood
- Mountain rumbling
- Water in streams and wells becomes muddy
- Rivers become muddy and have driftwood
- Sound of stones rumbling down into rivers
- Pebbles fall down in a flurry
- River level drops even though it is still raining
- Water spurts out from a slope

2 When the tremors subside Verify the situation

Stay calm and check your surroundings.

- Open doors and windows to secure exits.
- Wear shoes or slippers to avoid injury.
- Make sure your family is safe.
- Put out flames. If there is a fire, extinguish it as soon as possible.
- Inspect your home. Evacuate if it might collapse.

Warning Level 4 Evacuate Immediately!

Warning Level 3 Elderly and those with reduced mobility start evacuating!

Warning Level	Recommended Evacuation Actions	Evacuation Notifications (issued by Toyota City)	Examples of weather information (issued by JMA or Aichi Prefecture)
5	Disaster has already struck. Take the best course of action to protect your life.	Emergency Ensure Safety	Special rainfall warning, flooding notification, etc.
4	Evacuate to an evacuation site as soon as possible. If it is unsafe to travel to a safe evacuation site, protect yourself in a nearby sturdy building or a safer location inside your home.	Evacuation Order	Landslide disaster warning notification, flooding danger notification, etc.
3	People who need time to evacuate (the elderly, people with disabilities, infants, etc.) and their supporters should evacuate. Others should prepare to evacuate.	Evacuation of Elderly, etc.	Flooding warning, flooding hazard notification, etc.
2	In preparation for evacuation, verify your own evacuation actions using hazard maps, etc.	No notification	Heavy rain advisories, flood advisories, etc.
1	Increase your preparedness for disasters.	No notification	Early warning notification

*In some cases, depending on the terrain and circumstances, it may not be necessary to evacuate. Be aware of the potential dangers of each natural disaster around you when it is safe, and determine the need for evacuation according to the situation.

Wind and Water Damage

Prepare for heavy rains and typhoons



Before heavy rains and typhoons

- Inspect around your home.
 - Are there any cracks, shifting, or damage to exterior walls, roofs, fences, etc.?
 - Are gutters, drainage channels, or drains clogged?
- Bring inside clotheslines, flowerpots, bicycles, and other items that are easily blown away by the wind.
- In areas that may be flooded, move food, clothing, bedding, etc. to high places.
- Secure water for daily use by pumping water from the tap or storing leftover bath water.
- Check your emergency kit and make sure you can take it with you at any time.

When it rains for long periods of time...

- Be aware of the alert level issued by the city and other emergency information.
- Actively monitor the latest weather information and river level information via TV, radio, and the Internet.
- Determine the need for evacuation based on the information you have gathered and the situation around you.
- Once you have decided to evacuate, take action immediately.

Tip Choose evacuation sites in advance

Going to an emergency evacuation site designated by the city is not the only way to evacuate!

- Home...Ensure safety at home
 - When there is little risk around the home
- Relatives, acquaintance's house - Relatives or acquaintances in a safe place
 - Talk with them before disaster strikes
- Voluntary evacuation site...Evacuation site designated by the community
- Overnight stay in a car...Effective in securing privacy
 - Pay attention to staying healthy in a safe place.

What should I do when I evacuate?

- Wear athletic shoes when evacuating.
 - Boots are difficult to walk in if water gets inside.
- Keep both hands free by carrying emergency supplies on your back.
- Be careful where you step.
 - Gullies and waterways may not be hidden by water. You can also use a long stick to feel the ground. ☺
- Communicate with your neighbors and evacuate well in advance.
 - Stay away from dangerous places such as swollen rivers and cliffs.
 - If you are too late to evacuate, move to a tall building or high location in the house.

Earthquakes

Take action to limit damage

1 An earthquake happens Protect your life

What should I do if I'm indoors?

- When shaking occurs...
-
- Move quickly to a safe place.
 - Protect your head with a pillow or cushion.
 - Put out flames if you can.
 - Do not rush out of the house.

What if I'm in a train or transportation?

- Hold onto a strap or handrail with both hands.
- Please follow the instructions of the staff and act calmly.

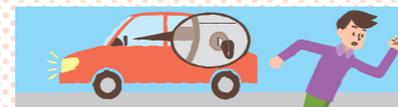
What if I'm on a city street?

- Protect your head from falling objects like signs or bricks.
- Stay away from fences or vending machines.
- Do not stop in place, protect your head, and take shelter in a vacant lot or park.



What should I do if I'm driving?

- Flash your hazard lights, slow down gradually, and stop on the left side of the road.
- Gather information by car radio or cell phone.
- When leaving your car behind to evacuate, make sure that it does not obstruct emergency vehicles.



What should I do if I'm in an elevator?

- Press all destination buttons.
- If you are trapped, use the "emergency call button" or other means to make contact with the outside.



What should I do if I'm near the ocean?

- Beware of tsunami.
- Evacuate to higher ground or the upper floors of a sturdy building.

What should I do if I'm by a cliff?

- Get away from the cliff right away.



3 Once things are calm Gather correct information

Get accurate information and help each other in the neighborhood

- Check information on TV, radio, and the Internet.
- Do not be misled by rumors.
- Call your neighbors and make sure they are safe.
- Cooperate with neighbors to extinguish fires and rescue and save the injured.

4 When moving Be calm and take action

Evacuate or return home, taking care to be safe.

- Make a calm decision on whether to evacuate.
- When evacuating from your home, turn off the main gas valve and turn off the electric breaker.
- Lock your doors before leaving your home to prevent crime.
- Tell your neighbors and community board members where you are going.
- Ensure your car does not obstruct emergency vehicles.
- If public transportation is stopped in an urban area, move (e.g., return home) only after the safety of your surroundings has been confirmed.

Get accurate disaster information

Disaster information and other information about Toyota City can be obtained from the following outlets.

Television and radio

Himawari Network

- Himawari 12 (Terrestrial channel 12)
- Seikatsu Joho Channel (CATV channel 126)

FM Toyota Radio Lovely 78.6MHz

Disaster prevention government wireless and disaster prevention radio

In the event of a disaster, emergency information is provided by voice and alarm tones.

Email

- **Area mail and emergency alert mail**
Emails will be sent to cell phones (compatible models) in the city.

- **Emergency Mail Toyota**
Emergency and weather information is delivered to registered email addresses.

Disaster Prevention Apps

- **Himawari App**
Get disaster prevention information distributed by the city.
- **Yahoo! Disaster Prevention Alert App**
Receive disaster prevention information for the set area.



PC/Smartphone



Feature phone



Himawari App

Internet

Toyota City Website (PC version) <http://www.city.toyota.aichi.jp/>
Toyota City Website (Mobile version) <http://mobile.city.toyota.aichi.jp/>
Toyota City Disaster Prevention and Weather Information Website
<http://toyota-city.bosai.info/>

Prepare emergency supplies and stockpiles

- Prepare separately the minimum necessary "emergency supplies" to take with you when evacuating and "stockpiled supplies" for living at home.
- Communicate with your family where these items are located and what you have saved.
- Regularly check the contents and expiration dates of food. Prepare clothing and other items for the season.

Prepare emergency supplies and stockpiles

- Keep the minimum essentials you will need to take with you when evacuating in a backpack or other bag.
- Make sure it is an amount that you can actually carry. (Approx. 15 kg for men and 10 kg for women)



Stockpile

- Prepare what you need to live during the period when lifelines and logistics are down.
- Prepare a minimum of 3 days' worth, preferably 7 days.
- Place it in an easily accessible location such as the kitchen, garage, shed, or balcony.
- Use "rolling stock" to keep a larger amount of foodstuffs that you use on a regular basis on hand and replenish the amount used in order of oldest to newest.



Tip 100 Yen Shops

You can also purchase useful disaster prevention goods at 100 yen shops. For example, adhesive gel to secure furniture and shatter-proof glass films. Other items include slippers, a whistle, batteries, plastic bags and plastic wrap. Why not take a peek?

Make sure you know how to make contact in the event of a disaster.

Disaster Message Board for cell phones (email)



Disaster Message Board Number 171



*Decide in advance how you will contact your family in case you are separated from them and where you will meet.

My Notes	
Name	Male/Female

Address	_____

Cell Phone	_____
Date of Birth	Blood Type

Medical conditions/allergies/regular medications	

Health insurance number	

Family physician, etc.	

Family Notes	
Name	Male/Female

Cell Phone	_____

Email	_____

Occupation/School	_____
Date of Birth	Blood Type

Name	Male/Female

Cell Phone	_____

Email	_____

Occupation/School	_____
Date of Birth	Blood Type

- ▶ Use your cell phone or computer email.
 - It is easier to connect than calling.
- ▶ Use a public phone.
 - Outgoing calls are not restricted in the event of a disaster.
- ▶ Create a contact relay point in a separate area.
 - It is relatively easy to make a phone call from the affected area to outside of the affected area.
- ▶ Use SNS.

What is SNS...?

SNS such as "Instagram," "LINE," "Facebook," and "X" are services that allow users to exchange information via the Internet. It can be used as a means of exchanging information and confirming safety.

How to contact family members

- ① _____
- ② _____
- ③ _____

Family meeting place

A familiar evacuation site ①

Location _____

A familiar evacuation site ②

Location _____

Emergency Contact

Fire & Ambulance **119** Police **110**

Name	Phone number
Toyota City Hall	0565 - 31 - 1212
Fire Department	— —
Police Department	— —
Gas Company	— —
Electricity Company	— —
Water Utility	— —
Hospital	— —

Secure furniture

- As much as possible, avoid using furniture and objects that can easily fall.
 - * Bedrooms and children's rooms should be especially safe.
- Place furniture in such a way that you can evacuate even if it should fall over.



- Furniture should be secured in a way that is appropriate for each living environment to prevent it from tipping over or falling.
 - <For example>
 - Furniture on wheels should have measures to prevent movement.
 - Glass used for windows and furniture should be shatterproof in case of breakage.
 - Doors of cupboards should be secured to prevent the contents from falling out.

List of Emergency Supplies

Item	Inspection Date	Check
<input type="checkbox"/> Wet tissue		
<input type="checkbox"/> Towel		
<input type="checkbox"/> Infection control goods (masks, sterilization sheets, etc.)		
<input type="checkbox"/> Cell phone, mobile battery		
<input type="checkbox"/> Personal seal		
<input type="checkbox"/> Cash (10 yen and 100 yen coins)		
<input type="checkbox"/> First aid for stopping bleeding		
<input type="checkbox"/> Flashlight		
<input type="checkbox"/> Underwear, gloves		
<input type="checkbox"/> Rain gear, warm clothes		
<input type="checkbox"/> Radio, batteries		
<input type="checkbox"/> Foods (ready-to-eat)		
<input type="checkbox"/> Drinking water		
<input type="checkbox"/> Helmet		
<input type="checkbox"/> Glasses, contact lenses		
<input type="checkbox"/> Copy of insurance card		
<input type="checkbox"/> Plastic bags (large and small)		
<input type="checkbox"/> Jogging shoes		
<input type="checkbox"/> Whistle		

Stockpile list

Item	Inspection Date	Check
<input type="checkbox"/> Water supply tank		
<input type="checkbox"/> Cassette stove, cylinder		
<input type="checkbox"/> Water for daily use		
<input type="checkbox"/> Drinking water (3 liters per person per day)		
<input type="checkbox"/> Foods (Alpha rice, canned food, retort pouch food, Nutritional supplements, snacks, etc.)		
<input type="checkbox"/> Can Opener		
<input type="checkbox"/> Wrap, aluminum foil		
<input type="checkbox"/> Blanket		
<input type="checkbox"/> Clothing		
<input type="checkbox"/> Lanterns		
<input type="checkbox"/> Simple toilet		
<input type="checkbox"/> Disinfectant, deodorant		
<input type="checkbox"/> Tooth brushing sheet		
<input type="checkbox"/> Wet towels		
<input type="checkbox"/> First aid kit		
<input type="checkbox"/> Cleaning goods (brooms, dusting cloths)		
<input type="checkbox"/> Sanitary products		
<input type="checkbox"/> Toilet paper		

You may also need these things

- **Families with babies**
Baby food, baby formula, nursing capes, heating utensils, sterilization supplies, disposable diapers, Bum wipes, disposable body warmers (to keep warm), etc.
- **Persons with medical conditions, elderly**
Regular medications, contact information for primary physician, medication book, denture cleaner, hearing aid batteries, walking stick, etc.
- **Families with pets**
Veterinary hospital contact information, leash, cage
Pet food, waste related products, name tags, etc.

Look at the hazard map



* Japanese version is also available for download.